**Cole Camp 668-2352  2021**  **Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| March 1 **Chicken and Dumplings**  **♥Peas**  **♥Honey Carrots**  Wheat Roll  Apple Crisp | March 2 **Meatloaf**  **♥Scalloped Potatoes**  **♥Green Beans**  Wheat Roll  Pineapple Upside Down Cake | March 3 **Chicken w/ Mushroom soup /Rice**  **♥ Roasted Brussel Sprouts**  **♥California Vegetables**  Wheat Roll  Poppyseed Cake | March 4 **Glazed Ham**  **♥Yams**  **♥Broccoli**  Wheat Roll  Peanut Butter Cookie | March 5 **Biscuit and Gravy/Sausage**  **♥Tri Tator**  **♥Spiced Peaches**  Biscuit  Cooks Feature |
| March 8 **Shepherd’s Pie**  **♥Honey Carrots**  **♥Baked Apples**  Wheat Roll  Cheesecake | March 9 **Roast Turkey**  **♥Mashed Potatoes/Gravy ♥Normandy Vegetables**  Wheat Roll  Carrot Cake | March 10 **Chicken and Noodles**  **♥Peas**  **♥Italian Vegetables**  Wheat Roll  Snickerdoodle | March 11 **Smothered Mushroom Steak**  **♥Mashed Potatoes/Gravy**  **♥California Vegetables**  Wheat Roll  Cherry Starburst Cake | March 12 **Fried Chicken**  **♥Mashed Potatoes/Gravy**  **♥Green Beans**  Wheat Roll  Cooks Feature |
| March 15 **Chicken Pot Pie**  **♥Peas**  **♥Spiced Peaches**  Biscuit  Brownie | March 16 **Spaghetti and Meatballs**  **♥Italian Vegetables**  **♥Honey Carrots**  Garlic Bread  Chocolate Chip Cookie | March 17 **Ham and Beans**  **♥Spinach**  **♥California Vegetables**  Corn Bread  Bread Pudding | March 18 **Meatloaf**  **♥Mashed Potatoes/Gravy**  **♥Green Beans**  Wheat Bread  Banana Cake | March 19 **Fried Fish**  **♥Normandy Vegetables**  **♥Corn**  Hush Puppies  Cooks Feature |
| March 22 **Pepper Steak with Rice**  **♥Roasted Brussel Sprouts**  **♥Green Beans**  Wheat Roll  Lemon Bars | March 23 **Pineapple Ham**  **♥ Scalloped Potatoes**  **♥California Vegetables**  Wheat Roll  Oatmeal Cookie | March 24 **Chili**  **♥Baked Potatoes**  **♥Broccoli**  Crackers  Cinnamon Roll | March 25 **Creamed Chicken**  **♥Italian Vegetables**  **♥Peas**  Biscuit  Chocolate Cake | March 26 **Sweet and Sour Pork w/ Rice**  **♥Midori Vegetables**  **♥Honey Carrots**  Egg Roll  Cooks Feature |
| March 29 **Chicken and Dumplings**  **♥Peas**  **♥Honey Carrots**  Wheat Roll  Apple Crisp | March 30 **Meatloaf**  **♥Mashed Potatoes/Gravy ♥Roasted Brussel Sprouts**  Wheat Roll  Pineapple Upside Down Cake | March 31 **Baked Ravioli w/ Meat Sauce**  **♥Green Beans**  **♥California Vegetables**  Wheat Roll  Poppyseed Cake | ♥Indicates Heart Healthy Item **Bold underlined items meet the 2015 nutrition guidelines for senior nutrition** | Unsweetened fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives |

# \*Menu subject to change according to availability